Written by Mike Flynn Wednesday, 07 August 2013 21:05

Appalachian State University football held its first two-a-day practices of the year on Wednesday with morning and afternoon sessions at Kidd Brewer Stadium. The Mountaineers practiced for over an hour-and-a-half in helmets and shoulder pads in the morning and donned full pads for the afternoon's two-hour workout.

Not only did the sixth day of fall camp bring nearly four hours of practice but it ended with the first "move the ball" period of the season. The mini-scrimmage at the end of the afternoon practice consisted of 37 plays.

Appalachian State's offense moved the ball somewhat effectively during its five full possessions, averaging 4.5 yards per play and crossing midfield three times. However, the defense buckled down when it mattered most and kept the offense out of the end zone on all five series.

Both teams enjoyed success during four goal-line series to end the day. The offense scored touchdowns on two of the four possessions that started at the nine yard line and the defense kept the offense from finding paydirt twice.

Offensively, the Mountaineers enjoyed some success running the ball, as running backs Ricky Fergerson (Fuquay-Varina, N.C./Fuquay-Varina) and Paul Magloire (Lynbrook, N.Y./Milford Academy) and wide receiver Tony Washington (High Point, N.C./T.W. Andrews) all had carries of 10 yards or more. However, the biggest play of the period came through the air when backup quarterback Kameron Bryant (Cary, N.C./Panther Creek) found redshirt freshman tight end Barrett Burns (Woodstock, Ga./Etowah) for a 43-yard strike down the middle of the field on a third-and-four play. The long pass set up the offense's best opportunity to score when driving the length of the field but on fourth-and-goal from the two-yard line, linebacker Osvaldo Sombo (Charlotte, N.C./Butler) stuffed running back Eric Davidson (Greensboro, N.C./Western Guilford) for no gain to squelch the scoring opportunity.

Defensively, ends Ronald Blair (Greensboro, Ga./Greene County) and Adam Scott (Greensboro, N.C./Northwest Guilford) both recorded sacks during the move-the-ball period while Scott, Deuce Robinson (Blythewood, S.C./Blythewood) and John Law (Atlanta, Ga./Grady) had two tackles for loss apiece. Dante Blackmon (Covington, Ga./Eastside), Lee Wright (York, S.C./York Comprehensive) and Rashaad Townes (Macon, Ga./Howard) all broke up passes, with Townes' pass break-up coming on a big hit that separated the ball from Malachi Jones (Roswell, Ga./Central Gwinnett).

During the four goal-line series to close the day, the offense scored on a nine-yard pass from Jamal Londry-Jackson (Atlanta, Ga./North Atlanta) to Washington and a one-yard pass from Bryant to Bobo Beathard (Haymarket, Va./Battlefield). The defensive stops came on a three-and-out and a fumble recovery by Chris Shaffer (Charlotte, N.C./Providence) on an errant pitch by Bryant.

After the two-a-day practices on Wednesday, Appalachian will hold just one workout on Thursday at Kidd Brewer Stadium. Practices are closed to the general public but full reports will be available throughout fall camp at appstatesports.com.

ASU Camp Report: August 7

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Photo Courtesy: Ricky Fergerson, ASU Athletics